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# Bangalore Mirror ON SUNDAY

TEMP Max 27 | Min 19 | Humidity 65% Partly Cloudy Sensex 69,825 | Nifty 20,969 | Gold 61,770 | Silver 72,539 | Dollar 83.43 | Euro 89.88 | GBP 104.69

## When would Bengaluru have a reliable cycling network for ambassadors of green mobility, cyclists ask

# MAKE, DON'T BREAK, THE CYCLE

### DULT's pilot cycle lane project in shambles

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Nearly a year after a pilot cycle lane was set up with experimental bollards along the Graphite India Main Road, the green infrastructure is seemingly in shambles.

In February 2023, the Directorate of Urban Land Transport installed a 1.5-km long unidirectional cycle lane demarcated with new lane separators on either side between Graphite India Junction to Kundalahalli metro station.

However, nearly a year later, the bollards are missing and lanes are unusable. Cyclists BM spoke to said without adequate maintenance, the DULT project is proving to be a waste of taxpayers' money.

"The lane is in a terrible state. There is sand and garbage dumped on the lanes making it impossible to use. Some of the bollards have been removed. Vehicles especially autos pass through the stretch. Ever since it was inaugurated, it has not been cleaned, and has become unusable. The lanes are often waterlogged

CONTINUED ON PAGE 4 »

**"Brand Bengaluru is just limited to motor vehicles, and not cycling**

— Sathya Sankaran, Bengaluru bicycle mayor

## Debris dilemma

Where's the city's C&D waste processed?

PAGE 5

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## 3 THINGS TO DO

### 01 Flute tunes

Get ready to attend a unique silent play featuring a solitary wooden puppet performing against a musical backdrop. The tone of the music is presented by Maestro Pandit Pravin Godkhindi, whose melodies become the elusive storyteller. The set would weave a range of emotions through the flute performance, the puppet, and a graceful silhouette. **Where: Ranga Shankara, JP Nagar**
**When: Today; 3:30 pm and 7:30 pm**

### 02 Artists' focus

Get ready to explore a variety of goods made by artists at Indian Artisan Bazaar, the shopping carnival. The exhibition-cum-sale is a colourful event and features artefacts, toys, designer clothes, and household items by artisans from various parts of the nation. Entry is free.
**Where: Karnataka Chitrakala Parishath**
**When: until December 17; 11 am to 7 pm**

### 03 Get motivated

Popular passionpreneur Dev Gadhvi is conducting a Build Business Around Passion workshop today in the city. The dynamic event will also unveil Dev's 'Passion-to-Profit' blueprint. The workshop will focus on offering clear, actionable steps to help you escape the 9-5 grid, identify your passions, and transform them into a viable venture. **Where: Sheraton Grand Hotel**
**When: Today; 9 am to 7 pm**

# Silent moments before soaring grace arrives

## Recently built vulture breeding centre at Bannerghatta National Park awaits arrival of 20 vultures; officials say they are yet to get permission from Central Zoo Authority

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The breeding centre will also facilitate interaction between captive and wild vultures

The newly constructed vulture breeding centre at Bannerghatta National Park (BNP) is still awaiting the arrival of 20 vultures from the Pinjore Vulture Conservation Breeding Centre in northern Haryana. After hitting multiple roadblocks since the plan was announced in 2020, it is now stalled due to delayed permission from the Central Zoo Authority. According to officials from the Karnataka Forest Department (KFD), permission from the Central Zoo Authority has yet to arrive despite multiple reminders.

"This is a project by the government of India, funded by the Center. However, we have yet to receive permission from GOI, despite sending multiple reminders to the Central Zoo Authority. There is no technical issue with the proposal, and the delay in permission is probably due to a shortage of staff. The Central Zoo Authority is a relatively small office with a large number of proposals to manage. However, since the project is related to the breeding programme of an endangered species, the delay could have been avoided," said a senior official of KFD.

The BNP centre was proposed three years ago to revive the dwindling population of various vulture species under the Action Plan for Vulture Conservation in India 2020–2025. The plan recommended setting up vulture hubs in each state of the country, including Karnataka.

Following the standard procedure, the Principal Chief Conservator of Forest in Karnataka has already spoken to the Principal Chief Conservator of Forest in Haryana, and both officials have agreed to relocation. A letter was also sent to the Ministry of Environment, Forest and Climate Change to obtain final permission for the process.

"Once we receive the final go-ahead, our team will make arrangements for transporting the birds. Transportation is a huge challenge and will be taken care of by a team from KFD. Our preference will be to transport the birds in flight," added the official. In the meantime, the breeding centre at BNP is ready with all the necessary infrastructure. The centre, with two aviaries, will house 20 vultures for breeding. Once vultures lay eggs, they will be removed from the nest and taken to a brooder unit, where the eggs will be kept at a regulated temperature. The hatchlings will then be kept in the centre until they are ready to be released into the wild.

The breeding centre will also facilitate interaction between captive and wild vultures while they are inside nets in the aviary. The department also plans to have a feeding arrangement for wild vultures around the aviary to help the captive-reared birds familiarise themselves with their wild counterparts. The centre is expected to ensure the successful introduction and breeding of vulture species and restore the raptor's dwindling population in the city and state.

> **"There is no technical issue with the proposal, and the delay in permission is probably due to a shortage of staff**
> – a senior official of KFD

However, the first-of-its-kind project has hit multiple roadblocks since work on it started in September 2021. The centre was first expected to be ready by May 2022. However, the project completion deadline was pushed multiple times, and the centre was finally ready only by early 2023. Later, the change in the definition of zoos under the Wildlife (Protection) Amendment Act of 2022, which came into force on April 1, 2023, delayed the project further.

# Look East: Dive into Asian flavours!

Many people from different countries work in Bengaluru, creating a demand for various types of food. Among the various cuisines served in the city, Far Eastern cuisine has secured its position as a favourite among many. In keeping with the mood of the city, an exclusive Pan Asian restaurant, Koi Kitchen, has opened its doors at the Featherlight Evoma and Business Centre in KR Puram on Saturday. Adithya Chellaram, Executive Director of Featherlight Developers and Director of Evoma, inaugurated the restaurant.

Koi Kitchen offers a menu inspired by various Asian countries, including Japan, Korea, Thailand, China, Singapore, Malaysia, Vietnam, Mongolia, and Burma. The restaurant specialises in 'Meal in the Bowl,' with dishes like Khao Suey, Penang Laksa, Miso Ramen, and Beef Bulgogi.

Chellaram said, "The restaurant's design is inspired by the diverse cultures of the Asian continent, from the tables to the music. The idea for Koi Kitchen came from foreigners staying in Featherlight Hotels in KR Puram. The presence of foreign automobile companies like Volvo, Honda, and Toyota in Whitefield and KR Puram also contributed to the business opportunity."

**— Chiranjeevi M and Keerthana M**

In keeping with the mood of the city, an exclusive Pan Asian restaurant, Koi Kitchen, has opened its doors in KR Puram

# Crumbling infra, don't protest

## Varthur police stop citizens from demonstrating against stifling condition of area's roads

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On Saturday over 1,000 residents including children of Balagere, Panathur, Varthur, Gunjur and nearby areas formed a human chain with placards to appeal to the government, elected representatives and BBMP officials to complete the Panathur S-Cross Road widening and railway underpass work.

However, their protest was soon interrupted by Varthur Police, who confiscated the placards and printouts that the citizens had brought to send a message to the government to act fast on crumbling infrastructure.

"Though the organisers had submitted the request letter to DCP Whitefield and Whitefield Traffic Police station which was acknowledged, Varthur Police issued a notice to the organisers and apartments on Friday night to not form a human chain citing the High Court order on protests. But citizens still came out in large numbers," said Suresh, a resident.

**"We are anticipating that, starting January, more than 1 lakh residents will be looking to commute through this Panathur Railway underpass which will result in even more chaos**

A citizen said there are hundreds of apartment buildings and dozens of schools in this vicinity but there is no road for the vehicles to pass.

"How can the government allow builders to construct 1,000s of flats? Permission shouldn' t be given for further construction without the necessary infrastructure.

In developed areas, they have mains and cross which helps traffic to dissipate but in this part of the city, all the traffic has to go from one main road. The residential areas also have narrow roads due to illegal layouts. How will traffic move if we delay execution of the master plan and keep approving new apartments?

In the next academic year, three big schools are coming on the Balagere Road. Should our kids suffer like this for choosing to live in Mahadevapura, which houses most of the IT companies in the city?" a protester asked.

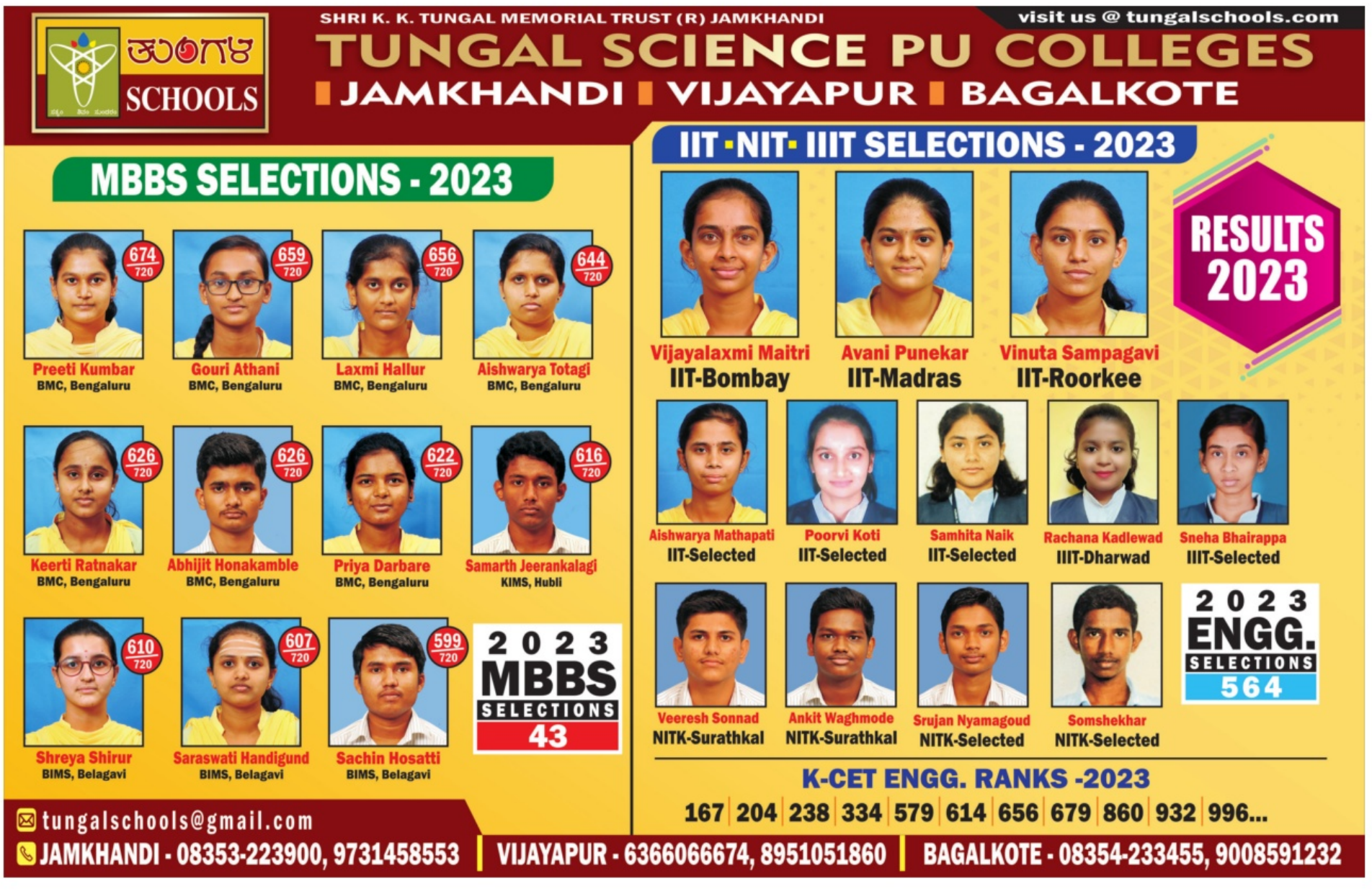
Another resident, Arif, told Bangalore Mirror that it takes hours for children to reach school because of high traffic congestion. He added that even though the protest was peaceful, the police told them to move from there.

"Why are the government and the police trying to silence our voices? We just made a human chain on the side of the road and didn't disrupt any traffic," said Arif.

A resident said that currently, more than 50,000-70,000 citizens use the narrow entry/exit points at Panathur Railway underpass and at Varthur Police station causing lots of traffic and pollution to the residents of this area.

A resident said, "The infrastructure developments in this area have not caught up with rapidly expanding residential / schools / commercial developments of this area and we are anticipating that, starting January, more than 1 lakh residents will be looking to commute through this Panathur Railway underpass which will result in even more chaos."

BM approached the Varthur police in this regard and we were informed that the residents didn't have prior permission for the protest. "It is the government's order that the protests can happen only in Freedom Park. We didn't detain anyone, we just stopped the human chain," said the inspector.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# Easing Hebbal junction traffic, not easy-peasy

## Work on expanding Hebbal flyover to make it 3-laned faces challenges due to budgetary constraints within BDA; only 10% of work is completed so far

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As part of the host of traffic solutions for Hebbal junction, the BDA is currently in the process of building a 750-metre flyover extending from the Esteem Mall side to Baptist Hospital

Facilitating omprovements at Hebbal junction has proven to be a challenge for authorities, who are encountering a host of problems. Presently, the expansion of the Hebbal flyover faces setbacks due to financial constraints within the BDA and a lack of permission from railways, K-Ride, and other relevant agencies. The BDA is in the process of building a 750-metre flyover extending from the Esteem Mall side to Baptist Hospital. This new ramp, aligned with the current structure, aims to provide additional lanes for traffic moving from the airport to the city. The necessity arises from the current scenario where the 10-lane highway narrows down to two or three lanes at Hebbal junction, creating a bottleneck and causing frequent traffic congestion during peak hours.

In the first phase, the BDA has taken up the plan to widen the flyover to a three-lane (from the airport to the city side) and the underpass between Yeshwanthpur and KR Puram. However, despite the work being taken up more than three months ago, there has been just 10% progress.

The project has been delayed for more than a decade. However, in July of this year, the work was started. The progress has been slow. The project cost is estimated to be Rs 350 crore. BDA officials say that they may finance the first phase of the project, while financing the second phase may be a challenge.

BDA chairman Rakesh Singh said, "We plan to mobilise resources by selling plots in the Shivarama Karanth Layout. If this is not enough or doesn't happen, then, as a last resort, we may be forced to mobilise money by selling corner sites." In the first phase, a new loop will be added from the KR Puram side to Baptist Hospital. This work may take five to six months. The first phase of the project is estimated to cost Rs 94 crore.

Sources also said that the delay in stopping the traffic on service roads so that the work can be taken up has not happened. Near Hebbal police station, the service road was temporarily stopped for traffic, and two piers were constructed. However, as the service road was stopped for traffic, the traffic on the main carriageway worsened, and the police had a tough time managing the traffic. Officials said that they require the closure of the service road for traffic for another three months at least. However, police are refusing permission until an alternative route is made.

> **"We plan to raise resources by selling plots in the Shivarama Karanth Layout... We may have to sell corner sites**
> – Rakesh Singh, BDA chief

Meanwhile, officials added that they require permission from railways as well as the railway line of Hebbal-Banaswadi passes. BDA officials are hopeful that they will soon get permission from the railways to start the work.

The project has faced significant and prolonged delays. Initially conceptualised in 2015, it remained on the drawing board for an extended period of time. The project encountered a major obstacle in 2019 when BMRCL raised objections to it. Subsequently, RITES was engaged to provide recommendations, but they were never put into effect. Under mounting pressure, BDA eventually opted to recommence the project. It finally commenced in June 2023.

# Why cycle lanes are in disrepair

CONTINUED FROM PAGE 1

and have potholes. We want to question the use of implementing temporary measures with no maintenance. There is also the issue of mechanical sweepers being unable to reach the cycle lanes leading to the need for manual cleaning. Bollards may have been damaged by vehicles knocking them down," said cyclist Shilpi Sahu.

The cycle lane at Graphite India Main Road is one of the three cycle lane designs that were selected as part of the bicycle lane separator challenge. The implementation was funded by the Sustainable Mobility Accords (SUMA) grant. The stretch was painted in bright yellow and red. The bicycle separators are made of fibre drum-shaped structures propped on a metal pole. To ensure durability, separators were fixed into the ground with a chemical base in addition to the bolting system.

Bicycle separators are drum-shaped structures made of fibre propped on a metal pole that is fixed to the ground

Cyclists are now wondering when would the city have a reliable cycling network for the ambassadors of green mobility.

"The bollards were part of a pilot design by DULT. The three designs were implemented to understand the durability of such infrastructure. There were instances of vehicles knocking them over or miscreants selling the equipment to scrap dealers. We need permanent solutions and not pop-up lanes. Bollards are only a temporary solution to providing a complete network. Especially in Whitefield, we have wider roads that need permanent cycle tracks," said Sathya Sankaran, Bengaluru Bicycle Mayor.

Sankaran noted that maintenance has never been part of building cycle lanes: "The BBMP or BTP does not take cycle lanes seriously. There is an entire community of cyclists who want to cycle but how are they supposed to achieve it? Without adequate infrastructure, people will only choose private motor vehicles. Brand Bengaluru is just limited to motor vehicles and not cycling."

He noted that DULT should consider deploying small-scale mechanical sweepers capable of sweeping cycle lanes as part of their design challenge.

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### Broken path
**Hebbal**

It has been a few days since the stone slab on Sindhi School—opposite the footpath on Kempapura Kuvempu Road, adjacent to the Hebbal area—broke and fell.

### Current affairs
**Magadi Road**

A transformer was installed on the footpath near Lulu Mall on Magadi Road towards Majestic. So pedestrians are forced to walk on the busy road or slink by through the narrow space left.

### Jammed area
**Begur Road**

This spot near Begur Road has been a nightmare for commuters, pausing traffic and posing safety concerns. Unfortunately, no one has taken the initiative to rectify it for an extended period of time.

# Where has all the debris gone?

## While BBMP likes to credit drop in cases to its vigilant marshals, citizens report rampant illegal dumping as processing unit owner says they don't receive enough

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Over the last four years, BBMP marshals have collected nearly Rs 17.5 lakh in fines from illegal construction and demolition (C&D) waste dumping in the city. This amount has been recovered from as many as 546 cases registered under this offense.

Across the eight BBMP zones, maximum cases were registered from Mahadevapura zone (167), followed by RR Nagar (99), Bengaluru South (78), Yelahanka (73), Bengaluru East (48), Bommanahalli (30), Dasarahalli (29) and Bengaluru West (22).

As per BBMP by-laws, the penalty for illegal dumping of C&D waste is Rs 10,000 per metric tonne.

According to officials from BBMP's Solid Waste Management (SWM) department, the amount of C&D waste being seized and cases being registered has gone down in the recent past.

### Cases drop

"BBMP has become strict and vigilant over the last couple of months regarding illegal dumping of C&D waste. This is the reason the number of cases has dropped. Mahadevapura used to be the regular dumping site due to a lot of open spaces and thus the high number of cases from the zone. We are also looking at authorising more and more vendors to collect and transport all waste generated, including C&D waste to processing centers. This will further reduce illegal dumping," said a BBMP official.

Citizens from various areas say illegal dumping of C&D waste is continuing unabated

### Doesn't add up

However, Rajesh Korah, co-owner of BBMP's designated processing plants in Chikkajala and Kannur with a capacity of 1,750 MT/day told BM his units are receiving a minuscule amount for processing.

"The amount of waste coming to our centres is not even a drop in the bucket looking at the amount of construction activities going on in the city. Although BBMP has taken measures so waste generators send the waste to processing centres, many government agencies such as Bangalore Metro Rail Corporation Ltd. (BMRCL) and Karnataka Rail Infrastructure Development Company Limited (K-RIDE) are not following the rules. While BMRCL has not sent anything over the last month, we have not received even a single load from K-RIDE," said Korah.

Citizens from various areas also allege that illegal dumping of C&D waste is still rampant across the city and it is being discarded mostly in wetlands, including lakes and marshlands.

"C&D waste is systematically being dumped daily on Belgere Road (area between Bellandur and Varthur lakes). Similarly, a large portion of marshland near Yellamallapa Shetty Lake has been leveled using C&D waste. All the marshlands and lakes are protected under the Wetlands Conservation and Management Rule, 2017. However, the Karnataka Wetland Authority has not even lifted its fingers over the last six years. Only if the authority would have identified, notified, and fenced these areas, there would not be any place available for illegal dumping," said a resident from the Whitefield area.

> **"Waste is dumped daily on Belgere Road. A portion of marshland near Yellamallapa Shetty Lake has been leveled using C&D waste** –A Whitefield resident

# Refurbished buses work, as good as new

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Karnataka State Road Transport Corporation's (KSRTC) flagship initiative to refurbish buses has been progressing quite well. As of now, KSRTC has refurbished close to 700 buses.

While purchasing buses is a costly enterprise and as more buses get older, KSRTC has been looking at refurbishing buses at a lower cost. Refurbished buses can run additional kilometres without more expenses on maintenance.

As of now, KSRTC has refurbished 720 buses and distributed them to depots. Primarily, the refurbishment project is limited to increasing the fleet of Sarige buses. Meeting the stark rise in demand for ordinary bus services being the focus, KSRTC is looking at refurbishing with stride. At the start of the year, 145 buses were refurbished. The refurbishment process is not just limited to older buses but also to damaged buses.

While the refurbishment process does not result in a brand new bus, the bus's exterior and optics are improved to reduce the maintenance cost. As part of the process, the corroded parts of the chassis are removed and replaced. All the inside panels are inspected and replaced. Further replacements are made to seats, footboard and roof and lastly, the buses are given a new coat of paint. Additional to the replaced features, all refurbished are installed with a pneumatically controlled door controlled by the driver. Passenger entry is limited to the front door and the area saved by removing the rear door is replaced with two seats.

> **KSRTC has fixed 720 buses and distributed them to depots. Old as well as damaged buses are refurbished**

### Replacement time

As per Central government guidelines, all government vehicles have to be replaced after 15 years. So buses that have reached 10-12 years are being refurbished. After crossing the 15-year mark, the exterior of the refurbished buses are fitted onto other buses.

KSRTC has 8,234 buses across 83 depots covering 17-18 districts and has been struggling to add more buses to its fleet. Recently the corporation floated a tender for procurement of 350 buses owing to the success of the Shakthi scheme. Refurbishing buses is a very cost-effective solution. While on an average, the purchase of a diesel bus would cost around Rs 40 lakh, the refurbishment cost lies around Rs 3 lakh.

IN BRIEF

## IS crackdown: House raided, 1 arrested

The National Investigation Agency (NIA) conducted raids at the home of one Ali Abbas in Frazer Town and arrested him on Saturday. Ali Abbas, a Mumbai-based individual who moved to Bengaluru in 2018, works as a data science consultant and operates an Urdu school on Tannery Road. In 2018, he purchased a flat in Frazer Town for Rs 72 lakh, where he resides with his wife and three children. NIA suspects his connection to ISIS sympathisers. The raid yielded Rs 16 lakh in cash, along with mobile phones and laptops. The case involves a criminal conspiracy by the accused man and his associates who pledged allegiance to proscribed terrorist organisations like Al-Qaeda and ISIS.

This was part of a series of raids by the NIA on Saturday across 44 locations in Maharashtra and Karnataka. In all, 15 operatives of the banned terror outfit were arrested, officials said.

An NIA spokesperson said that the multiple agency teams on Saturday swooped down on as many as 44 locations in Padgha-Borivali, Thane, Mira Road and Pune in Maharashtra, and Bengaluru in Karnataka early on Saturday morning, and apprehended the 15 accused for promoting terror and terror related acts and activities of the proscribed organisation.

The official said that huge amounts of unaccounted cash, firearms, sharp edged weapons, incriminating documents, smart phones and other digital devices were seized during the raids.

—BMB and Agencies

## False info: HC notice to MLA

The High Court of Karnataka has issued notice to MLA Kaneez Fatima in a case challenging her election on grounds that she had given false information about her wealth in the election affidavit.

Representing Congress, Fatima was elected MLA from the Gulbarga Uttar Constituency in the assembly polls held in May this year.

A single judge bench of Justice CM Poonacha, which heard the petition on Friday, issued the notice and adjourned the hearing by four weeks allowing the respondent to file her objections.

The petitioner, A S Sharanabasappa, had contested the election for the same seat on a JD(U) ticket and lost.

"Due to improper acceptance of the nomination of Respondent No.1 (Fatima) the result of the election in so far as it concerns respondent No.1 has been materially affected, since the Respondent No.1 intentionally concealed and failed to disclose material facts regarding assets and liabilities," the petition alleged.

The petition claimed that Fatima had not disclosed her bank account details maintained by the SBI Station Branch.

—PTI

# WHEN POWER BECOMES HOT COMMODITY

**In 2023-24, power demand in K'taka reaches 89,112 MU; energy minister says that despite efforts to generate power from diverse sources, generated power is falling short**

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Karnataka, previously a power surplus state, is now compelled to procure power from alternative sources. In a recent session, Energy Minister KJ George revealed, "During the financial year 2023–24, the power demand reached 89,112 MU, with a daily average consumption from April to the end of September standing at 245.06 MU.

Explaining the surge in power demand, he cited the impact of drought, resulting in occasional power shortages. Section 11 has been enforced to secure power, and purchases are made from the open market rather than directly from other states or private companies.

In the period from April to October 2023, Karnataka acquired 46,867.42 MU of power. This comprised 5,496.34 MU from hydel sources, 9,846.88 MU from thermal sources, 6,734.60 MU from wind sources, and 5,219.77 MU from solar sources. Among other contributors, there were 133.35 MU from captive sources, 2.90 MU from hydel, 832.46 MU from mini hydel, 548.86 MU from co-generation, 34.25 MU from biomass, 618.66 MU from hybrid (solar plus wind), 14,711.85 MU from the central grid, 1,753.78 MU from IPP, and 933.72 MU from Jindal.

"In the 2023–24 financial year (April 2023–October 23), power procurement from other sources took place. Specifically, 1,544.52 MU of power was purchased from IEX at a cost of Rs 1,036.12 crore, with an average of Rs 6.71 per unit. Additionally, 91.31 MU of power was acquired from PXIL, incurring a cost of Rs 69.20 crore at Rs 7.58 per unit. Furthermore, 120.50 MU were bought from HPX, amounting to Rs 97.97 crore at Rs 7.36 per unit. Overall, a total of 1,756.33 MU of power was procured at a cost of Rs 1,197.29 crore, averaging Rs 6.82 per unit," George said, adding that despite their ongoing efforts to generate power from diverse sources, the generated power falls short of meeting the demand.

Karnataka has resorted to procuring power through banking or power swapping arrangements with Uttar Pradesh and Punjab states from November 2023 to May 2024. Current plans involve the continuation of power transactions through the banking system, with a daily acquisition of 8.9 MU of power.

> **"In 2023-24 financial year, power procurement from other sources took place**
> –KJ George, Energy Minister, Karnataka

Earlier, Energy Minister KJ George highlighted the significant surge in power demand in the state this year compared to the previous year. While power consumption decreased in the preceding years due to the COVID-19 pandemic, this year has witnessed an unprecedented increase in demand. Notably, power consumption in August even surpassed that of the summer months. The state boasts a total installed capacity of 32,009 MW, with 26,000 MW units allocated to state utility companies and the remaining 6,000 MW capacity in private use. Of the installed capacity, 50% is currently available, with a daily storage availability estimated at 11,000–12,000 MW. However, the state's solar power generation peaks at 15,000–16,000 MW during optimal solar availability.

George expressed concerns about the coal quality allocated by the Central Government, citing its adverse impact on power generation. The lack of rainfall further exacerbated the situation. He highlighted the significant increase in power generation during the government's first term, from 14,048 MW in 2013–14 to 27,780 MW by 2017–18. However, this year's poor monsoon led to a 45% increase in power consumption. The state witnessed a production capacity drop of 300 MU due to insufficient power generation from thermal power plants, solar power, and wind energy.

## Extra 'p' in name creates trouble

The High Court of Karnataka has quashed the registration certificate granted by the Registrar of Societies and cancelled all affiliations and grants provided to a 'Kalarippayattu' association that had duplicated the name of another association by adding a single additional letter 'P' to its name.

The petition filed by Karnataka Kalaripayattu Association was allowed by the single judge bench of Justice M Nagaprasanna, and the affiliations and registration of the respondent association 'Karnataka Kalarippayattu Association' were quashed in a recent order.

The respondent association remained absent from the proceedings and was not represented in court.

The Karnataka Kalaripayattu Association, in its petition, had made the Union Ministry of Youth Affairs and Sports, Karnataka Department of Youth Affairs, and Registrar of Societies and Sports Authority of India respondents. The respondent association had been granted registration by the Registrar of Societies and was later granted recognition by the other authorities. The court, however, noted that "The duplication of the name is specifically barred under Section 7 of the Karnataka Societies Registration Act." Despite several opportunities, the respondent association did not file a representation before the court. The court said that duplication cannot be allowed, relying on its earlier decision in a similar issue between the Bengaluru Urban Zilla Amateur Kabaddi Association and the Bengaluru Urban District Amateur Kabaddi Association. **—PTI**

# BM Health

CONSUMER CONNECT INITIATIVE

# 'Vax doesn't pose risk of sudden death'

## Union Health Minister says that sudden death is not related to covid-19 vax

The Centre has issued a clarification stating that the covid-19 vaccination does not pose an increased risk of unexplained sudden death among young adults in India. In response to a recent parliamentary inquiry, Health Minister Mansukh Madaviya emphasised that while sudden deaths have been reported in some individuals after covid-19, there is insufficient evidence to confirm the cause of such fatalities.

He said, "To address concerns regarding the perceived rise in cases of cardiac arrest following covid-19, the Indian Council of Medical Research (ICMR) and the National Institute of Epidemiology (NIE) conducted a comprehensive study titled 'Factors associated with unexplained sudden deaths among adults aged 18–45 years in India – A multicentric matched case-control study.' This study involved 47 tertiary care hospitals across 19 states/UTs in India from May to August 2023. The research specifically focused on apparently healthy individuals aged 18–45 years without known comorbidities who experienced unexplained sudden deaths within 24 hours of hospitalisation or who were seemingly healthy 24 hours before death between October 1, 2021, and March 31, 2023."

Explaining the study, the minister said that it included a total of 729 cases and 2,916 controls, revealing that receiving at least one dose of the covid-19 vaccine reduced the odds of unexplained sudden death. Conversely, factors such as past covid-19 hospitalisation, a family history of sudden death, binge drinking within 48 hours before death/interview, recreational drug use, and vigorous-intensity physical activity within 48 hours before death/interview were positively associated with an increased likelihood of unexplained sudden death. The administration of two vaccine doses further decreased the odds, while a single dose did not show the same effect.

Furthermore, he affirmed that the study found no increased risk of unexplained sudden death among young adults in India due to the COVID-19 vaccination. Instead, factors such as past COVID-19 hospitalisation, family history of sudden death, and certain lifestyle behaviours were identified as potential contributors to the likelihood of unexplained sudden death.

The minister highlighted the existence of a Nationwide

National Adverse Event Following Immunisation (AEFI) surveillance system under the Ministry of Health and Family Welfare, which continuously monitors vaccine-related AEFIs through the COWIN app. He assured that reports of vaccine-related AEFIs are promptly investigated at the district, state, and national levels, with the National AEFI Committee regularly analysing the data. To date, no direct signal linking heart attacks to covid-19 vaccines has emerged.

"Additionally, the ICMR is not currently conducting studies to assess potential risks associated with the administration of covid-19 vaccines in children. However, observations from a phase 2/3 open-label, non-randomized, multicenter study on the immunogenicity and safety of the BBV152 vaccine in healthy children aged 2–18 years indicated that the vaccine was well-tolerated with no serious adverse events, deaths, or withdrawals reported," he said. **—Sridhar Vivan**

THE SUNDAY READ

# SCREEN SHOT

## After city school asks parents to keep tab on their wards' mobile use, BM speaks to experts to understand depth of the problem of plenty

Sridhar.Vivan
@timesgroup.com

TWEETS @BangaloreMIRROR

### How much is not too much

- Children under 1 year: Screen time is not recommended, except for video chatting
- Children 1-2 years: Sedentary screen time should be no more than 1 hour, and less is better
- Children 3-4 years: Sedentary screen time should be no more than 1 hour per day
- Quality of content within the recommended screen time is crucial, with a focus on educational and age-appropriate programmes

After teachers at city schools observed a dip in students' attention span in classrooms, many are blaming it on addiction to mobile phones. Now, a section of school teachers say that studies have also taken a hit due to the obsession. This is the reason why city schools are now sending circulars to parents to keep a check on their wards' mobile use.

A prominent private school in the city recently issued a circular to parents stating, "It is noticed that some students are spending more time on gadgets sharing unnecessary chats, videos and contents on social media. Parents are requested to check the screen time of their wards and avoid giving gadgets if not necessary."

Experts say that excessive screen time among young children is a grave issue. While experts recommend zero screen time for children up to five years old, reality often falls short of this ideal, with many children spending more than 2-3 hours per day on electronic devices.

This overexposure to screens has been linked to a range of concerning side effects, impacting various aspects of a child's development. Dr Rajath Athreya (Sakra World Hospital) said, "Recently, a 2.5 -year-old child addicted to gadgets swiped people's foreheads expecting responses. He only responded to parents using an app with a cat's voice. This extreme case underscores the importance of normal interaction for a child's development. Excessive gadget use in young children is linked to issues like language delays, ADHD, and anxiety. In another case, a 14-year-old consulted for excessive daytime sleepiness at school. The teenager stays up all night creating social media content, seeking likes. This lack of sleep results in catching up on rest during school hours."

Dr Athreya said that he has observed that this is a common issue. He said while acknowledging the valuable role social media plays in fostering connections, essential for psychosocial development, a sense of belonging, well-being, and identity formation, its potential negatives must also be noted. These include social media being a platform for bullying, sexual exploitation, and privacy/security concerns.

Dr. Prathap Chandra of Motherhood Hospitals said they have observed toddlers who have been exposed to excessive screen time, exceeding 8 to 10 hours per day. "This prolonged exposure has resulted in various health issues, including a lack of concentration, dryness of the eyes, difficulty focusing during class participation, anxiety, sleep deprivation, and appetite issues. During our examinations, we advised these children to reduce their screen time significantly."

According to Dr Chandra, they emphasised on the need to spend more quality time with friends and engage in outdoor activities to promote a healthier lifestyle. "Encouraging a balanced approach to screen use can contribute to the overall well-being and development of the child. By fostering healthier habits, parents can play a pivotal role in ensuring their child's physical and mental health is prioritised over prolonged screen exposure," he said.

Paediatrician Dr. Prakash Desai of Cloudnine Group of Hospitals highlighted the importance of limiting gadget use around children, infants, and toddlers unless necessary. The rise in screen time, particularly during the covid pandemic with increased online learning, has prompted parents to emphasise on dedicated quality time with their children. "Prolonged screen use may contribute to sedentary behaviour, resulting in health problems like obesity, and it can also cause eyesight issues such as myopia. Exposure to screens before bedtime, emitting blue light, can disrupt the natural sleep-wake cycle, leading to difficulty falling asleep and disrupted sleep patterns. Social development is hindered by excessive screen time, reducing face-to-face interactions crucial for learning social skills," he said

According to him, prolonged screen time can impact academic performance, diverting time and attention away from homework and studying. "Guidelines from organisations like the American Academy of Pediatrics recommend limiting recreational screen time to 1-2 hours per day for children over 2 years and avoiding electronic media for children under 2 years. Behavioral effects associated with increased screen time include altered emotional reactivity, aggression, defiance, lack of self-control, depression, and sleep disorders," he said.

> **Exposure to screens before bedtime, emitting blue light, can disrupt the natural sleep-wake cycle, leading to difficulty falling asleep and disrupted sleep patterns**
> – Dr. Prakash Desai, paediatrician

### Strike a balance

Experts said that parents can play a proactive role in managing their children's screen time by setting clear and consistent limits. It's essential to encourage a balance between screen time and other activities such as outdoor play, reading, or pursuing hobbies. Parents can act as positive role models by demonstrating healthy screen habits themselves and engaging with their children in both online and offline activities. Utilising parental controls to monitor and restrict content can help create a safe digital environment for children. Additionally, healthcare workers have a crucial role in providing health education on appropriate screen use behavior. They can contribute to raising awareness on adverse effects associated with prolonged screen time.

### DON'T LOOK NOW

**Physical Health:** A sedentary lifestyle can contribute to issues like obesity.
**Sleep Disruption:** Blue light from screens can interfere with melatonin production, causing sleep disturbances.
**Mental Health:** Increased Depression and Anxiety Risk: Overuse of social media, is linked to higher risks of depression and anxiety in children.
**Impaired Social Skills:** Limited face-to-face interactions can impact interpersonal skills.
**Cognitive Development:** Impact on Brain Development: Excessive screen time may affect attention span and cognitive skills.
Reduced Academic Performance: Excessive screen use, especially during study or sleep hours, may negatively affect academic performance.
**Behavioural Issues:** Aggression and Impulsivity: Studies suggest a correlation between excessive screen time and increased aggression and impulsivity in children.
**Reduced Attention Span:** Constant exposure to screens, especially fast-paced content, may contribute to a reduced attention span.

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# BENGALURU SPEAKS

and gets heard on this page

## STORYBEHINDTHEPHOTO

**LET'S KEEP IT COOL**

Four dogs resting and stretching themselves while basking under the sun

The picture was clicked by BM reader **Rahul**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

# It's a plea: Enhance quality of this road

## Residents of Pulikeshi Nagar point out Tannery Road underpass being uneven and unmotorable

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMirror

Residents of Pulikeshi Nagar complain that the road leading to the Tannery Road underpass has been unmotorable and needs a fresh coat of asphalt.

Tannery Road in Pulikeshi Nagar ward has been in a pathetic state for years, and now the Bruhat Bengaluru Mahanagara Palike's (BBMP) patchwork has only added to the woes of commuters. The patchwork has left the road uneven, and BBMP officials are not applying a fresh asphalt layer.

"The road has been in a pathetic state for nearly 2–3 years. Every time we complain to BBMP officials, they do some patchwork and leave. The road does not even last for two heavy rains. It leads to uneven roads and inconveniences commuters. The stretch that sees commuters from Benson Town and Millers Road has become risky for two-wheelers," said FTRWA member Habiba Subhan.

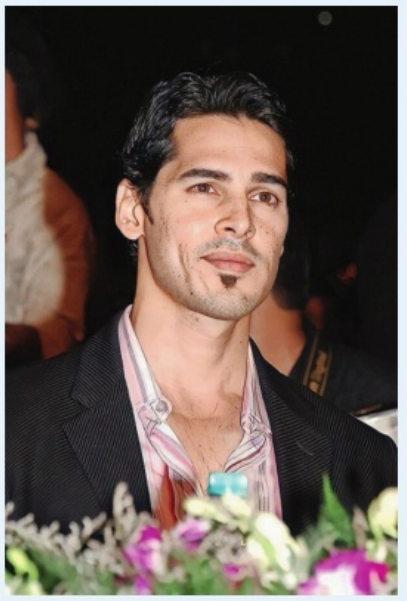
> **"Every time we complain to officials, they do some patchwork and leave** –Habiba Subhan, FTRWA

The stretch below the underpass also gets waterlogged during rain. The residents want the officials to apply for complete asphalting for the stretch. The road should last at least, she added. Furthermore, residents say that many roads in Pulikeshi Nagar need similar intervention.

"The stretch has been in a poor state for a long time. Similar interventions are needed on other roads within the ward. We need end-to-end asphalting of the roads here. BBMP has been applying a thin layer of asphalt to roads, and we need a thicker layer of asphalt. Due to the unevenness of roads, vehicles passing by make loud sounds, disturbing residents at night," said Abdul Hai Shakeed, a member of PNRWA.

Residents say that Tannery Road has been in a pathetic state for nearly 2–3 years

## DID YOU KNOW?



Indian actor and model Dino Morea was born and brought up in Bengaluru. He has acted in over 50 movies in Bollywood and other film industries. He became popular after his 2002 movie Raaz, which was a Hindi-horror movie and had Bipasha Basu in the lead. He has worked in movies like Gunaah, Acid Factory, Happy New Year, Holiday, and more. He spent the first eleven years of his life in Italy. He has two brothers. He attended Bangalore Military School and later pursued graduation from St Joseph's College.

## GET HEARD WITH MIRROR

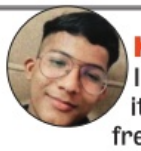
**9591233247**

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

## TAPTHECHATTER

where Bengalureans speak their mind

### Which historical site or landmark in Bengaluru do you find most fascinating?



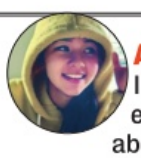
**Khushdeep Singh, BM Reader**
I visit Cubbon Park often, so I think it is a beautiful place. It helps me freshen up my mind, as greenery around helps release stress. You can just grab a book and sit under a tree, feeling the fresh air against your face.

**Priyantika, BM Reader**
The Bangalore Fort is a beautiful place. It's very interesting to know about its history and how good it looks from up close. It gives a feeling, as if we are in a movie being shot by the filmakers. It's just serene.

**Poorva, BM Reader**
Bangalore Palace is a place I adore. It showcases those vintage interiors, which look very aesthetic. Anyone coming to Bengaluru must visit it. It showcases the history related to the city and its culture.

**Mausam, BM Reader**
For me, it is Cubbon Park. I love going there. It also has visitors who are invested in a number of activities and interests, like skateboarding, cycling, and more. It has a dog park, which automatically elevates my mood.

**Cheewang Palzor, BM Reader**
Bangalore Palace has always fascinated me. Its architectural grandeur and historical significance make it a standout landmark in the city. It's one of the best places to visit with your friends and family members.



**Ananya, BM Reader**
I haven't really visited many places, so I don't have much knowledge about that. I wish to see some of the great landmarks in the city about which I have read and heard from others.

### SPEAK TO US

What is your favourite traditional dish from Bengaluru?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

**All the best—** Alia Bhatt gives shoutout to best friend Akansha Ranjan Kapoor on her Telugu debut 'MaayaOne'

## Leelavathi : 1937 - 2023

# Leelavathi laid to rest as thousands pay tearful homage

Veteran Kannada film actress Leelavathi who worked in many south Indian movies was laid to rest with full state honours at her farmhouse at Soladevanahalli on the city outskirts.

Leelavathi (86), who had acted in over 600 movies, including those made in Malayalam, Tamil and Telugu, was hospitalised on Friday following respiratory complications and age-related ailments, where she breathed her last.

Leelavathi's son Vinod Raj performed the last rites.

Thousands of people paid their last respects to her.

Prime Minister Narendra Modi, Karnataka Chief Minister Siddaramaiah and his deputy DK Shivakumar were among those who paid rich tributes to the veteran Kannada actress. Modi said he was saddened to hear about the passing of the legendary Kannada film personality. "A true icon of cinema, she graced the silver screen with her versatile acting in numerous films. Her diverse roles and remarkable talent will always be remembered and admired," the Prime Minister said in his condolence message. Siddaramaiah, who visited Ravindra Kalakshetra where the mortal remains of the actress were kept, called her a complete actress.

"Whichever role she performed, she did it with honesty and integrity. She used to pour her soul to bring the character to life," the Chief Minister said after laying a wreath on her body.

## POLITICAL KALYANA

2.5 RATING ★★½☆☆

- **DIRECTOR** Kavi Rajesh
- **ACTORS** Pankaj Narayan, Sasya, Shankar Ashwath, Hanumanthe Gowda, V Manohar, Girija Lokesh
- **CERTIFICATION** U
- **Duration** 122 minutes

# Murky politics

For this movie bankrolled in association with National Film Development Corporation (NFDC), director Kavi Rajesh has selected an apt subject that highlights how politicians are obsessed with power and would go to any extent to get it. The entire movie, except one or two scenes, is shot at a single location.

The movie begins with Sadanand (Hanumanthe Gowda), a politician, making arrangements for his daughter Preethi's (Sasya) marriage with Premanand (Pankaj Narayan) at a Kalyana Mantapa in Magadi Road. Ironically, Sadanand depends on Kabinipathi (Chidanand), a marriage contractor who has no control on anyone either in the kitchen or at the reception hall, to make arrangements. Mahananda (Shankar Ashwath), a former MLA of Hubballi, and his son Premanand and others arrive at the marriage hall. Mahananda's sister Asha, who has an agenda, tries to get the marriage cancelled. Meanwhile, the marriage function helps five people, including two seniors, to find their life partners. As arrangements are progressing, a politician breaks the news of Sadananda's plan of contesting from Hubballi to the Assembly. Mahananda asks Sadananda to cancel his plan but the latter doesn't listen. Mahananda then announces the cancellation of his son's marriage with Sadananda's daughter. What happens to Preethi and Premanand is what Politics Kalyana is all about.

The advantage of this movie is that it gives the audiences the chance to see many senior actors at a time on the silver screen. Pankaj, the son of director-cum-actor S Narayan, appears on the silver screen after a long gap. He seems a little bit weak in dialogue delivery. Veteran character actress Girija Lokesh has acted well. Her dialogues are meaningful. V Manohar, who acted as the head of a marriage orchestra, has done a good job. Mimicry Gopi provides relief to the audiences by imitating politicians and actors. It is worth a watch if you want to know about politicians and their priorities.

—Y Maheswara Reddy

# In character

Actress Rashmika Mandanna, whose recent release 'Animal' starring Ranbir Kapoor in titular role is roaring at the box-office, has penned a long note on her social media describing her character of Gitanjali from the film. While Rashmika said that certain actions of her character are questionable, she paid an ode to the character as she highlighted the importance of her character in the film.

Taking to Instagram, the actress shared pictures as she wrote, "Gitanjali. If I were to describe her in a sentence ...it would be the only force at home holding her family together. She is pure, real, unfiltered, strong and raw."

—IANS

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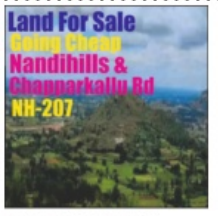


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## SULTANPALYA

**3 BHK + Family, Duplex Flat with Private Garden**
**Location: Off KHB Road**
**Built Up: 1800 Sft**
**Garden : 630 Sft**
**Price: 1.25 Crs (Neg)**
**Call: 9845130877**

## UTTARAHALLI

**OC/ CC** Project 2, 2.5 BHK car park, amenities,· Vastu at Uttarahalli close to Metro.Basic Rs.6500 psft 9886191552 / 9916999970

## VIDYARANYAPURA

**SALE:** SEMI FURNISHED Independent 4 BHK Duplex House, 2400 sft ·South facing Prime Location Vidyaranyapura. 9844264852/9449059015.

## VISVESWARAIAH LAYOUT

**"DIRECT** OWNER" 40x60 East Facing BDA Site for Sale VISHVESWARAIAH LAYOUT 1st Block, 60 feet Road. Contact: 9886634578

**AVAILABLE/WANTED** BDA Sites in Vishweshwariah Layout 50x80, 40X60, 30X40, 20X30 Genuine Buyers And Sellers. Contact: 9743381719

## YELAHANKA

**MLN SIGNATURE**
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## YESHWANTHPUR

**COMMERCIAL** Property for Sale in Prime Location Good Rent Good ROI Property located at: No.45, Industrial Suburb, Mahalakshmipuram Sub division, BBMP Ward-10, Bengaluru A Katha, Conversion Property Land mark: Tumkur main road, Opposite Yeshwanthpura Railway station (near Kia Showroom) The property can be suitable for multiple business purpose with commercial and corner area around 10,000 sqft Call: 7899502454, 7353470269 Mail: properties.plans@gmail.com

## LAND FOR SALE

**REPUTED** plotted developer looking for 5 acres to 100 acres land for JD/ outright purchase at Devanahalli, Doddaballapur, Chikkaballapur, Hosakote. Call "SPACELINKS"- 9845129934

**FOR** Sale: 1 to 100+ Acres, Converted, Industrial, Agriculture Land in Bangalore North, Devanahalli, Hoskote, Chikabalapur Call: 9900777786

**29GUNTA** Land East attached State Highway-3, from B'lore 66kms & 18kms from Dabaspet Suitable:Petrol Bunks & Ware house 4.40Lac/gunta:9845411113

# FOR SALE

## BANGALORE

**2** BHK Apartment for sale in BSK 3rd Stage 1265sft North facing 5th floor behind Kamakya theater with all amenities Call 98450 06397

# GOA PROPERTIES

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## MULTIPLE PROPERTIES

**BDA** 20×30 W/F in BSK 6th phase, 30×40W/F HSR layout, 40×60 E/F in J P NAGAR 8th phase allottee no broker. 9243456629.

# OUTSIDE BANGALORE

## MYSORE

**SITES @ Mysore DTCP 'A' Khata, RERA, 90% Bank Loan, Immd Reg, off Hunsur Rd, 5Min: NH Yelwala. 10min: Ring Rd, Infosys,vijaya ngr,15min Palace/Railway Station. GSS: www.gssprojects.in 9845287802 / 8050001571.**

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# PROPERTY ANCILLARIES

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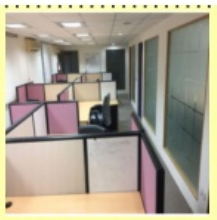

**RENT 5000** sft Posh office in 2 Floors 50 work station' Conf /exec, Rooms, pantry, 3 Washrooms, Carpets A.C Owner 9886030621

**NORTH FACING** building with G+3 floors of total 5000 sqft built up area is available for rent. 9845027407/ 96633 77102

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## FARMS

**FARM PLOTS** for sale at Kanakapura Road, Somanahalli. For details scan qr code or call: 9880599707

## INDUSTRIAL PREMISES

**INDUSTRIAL** Building for Rent with Power, First floor 10400 Sq. Ft. Suitable for Industry/ Warehouse/ Godown at Attibele KIADB Industrial area. Please contact 8884219999.

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**FOR** Rent 4 BHK with maid room in 29th Floor Rent 65000, Adv 6.5 L nego. Jindal, Prestige City, Blore. Contact: 9341237571

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# PUNE PROPERTIES

## GOA

**CANDOLIM** Holiday Home for sale, 2 BHK at 1.45 Cr with an assured return of Rs. 96,666/- per month. 9036022277

# jobs

# SITUATION VACANT

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## ADVOCATE

**LEADING** Developer in Bangalore is Looking for Advocate with Min 5yrs Experience in Real Estate Property Development. Call: 93414 87023

## MARKETING, ADVERTISING & SALES

### MARKETING

**WANTED** English speaking male/female having 2wheeler for Real Estate Co. in Indiranagar Attractive salary & Incentive.Ph: 9980513550, 9742113550

**Wanted Fresher's for RESORT Sales & Marketing. 2wheeler must. Fluent in Kannada & English. Residing in and around Hennur. CTC: 9844124077**

### SALES

**WANTED** Commission Agents for the work of field sales executive for a reputed fertilizer manufacturing company. Email: md@famco.in

# OTHER VACANCIES

## GENERAL

**A Leading Real Estate developer is looking for Experienced / Retired / Senior / Independent capacity & 100% Dedicated Revenue/Liaison candidates for Bangalore Office.**
Mail resumes to
developersdirector@gmail.com

## MULTIPLE VACANCIES

**ESS** KAY HERBS requires Computer Operator and Sales Manager with Microsoft Excel and Word, English and Kannada Knowledge, Experience 2-4 years. Location-near Lalbagh Passport office Bangalore. Contact: 8810998466

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# business

## BUSINESS PROPOSALS

**REQUIRED** Petrol Bunk license (IOC, HPCL, BPCL) For sale please contact: 9902998820 / 8088690995 / 9535227722

# auto

## HEAVY VEHICLES

### BUSES

**SCHOOL** BUS FOR SALE: 1. Make: Swaraj Mazda, Seating Capacity: 24+1, Mfg: 2008 2. Make: Swaraj Mazda, Seating Capacity: 24+1, Mfg: 2010 3.Make: Swaraj Mazda- JCBL, Seating Capacity: 32+1, Mfg: 2011. Genuine buyers contact 8310724356 for inspection.

# personal

## CHANGE OF NAME

**I,** DIVYA REVANASIDDAPPA PATIL, Residing at No 184, Sri Apartment, 22nd Cross, 3rd Main, 6th Block, Jayanagar, Bangalore -560070. Have changed My name to DIVYA PATIL vide affidavit dated 08/12/2023 before Notary Aravind Patil G.G Bangalore

**I** Kiran Gopalkrishna Taula, R/o C-501, Vajram Tiara, Doddaballapura Main Road, Avalahalli, Bengaluru Karnataka-560064 Have Changed My Minor Son's Name From Aryan Taula To Aryan Kiran Taula.

**I,** Hameda Khathoon Mohamed Khan d/o Mohammed Khan R/o Dasayyagaripalli Village, Kasaba-Hobli, Devaragudipalli, Chikballapur-561207 have changed my Name to Hameda Khathoon for all Purposes.

**I** GALIB JAMAL S/o MOHAMMED SUHEB R/o No: 16, 1st Cross, Vinayakangar Old Guddadahalli, Bangalore 560026 have changed my name to GALIB for all purposes

**I** Sakshi Taula R/o C-501, Vajram Tiara, Doddaballapura Main Road, Avalahalli, Bengaluru, Karnataka-560064 Have Changed My Name To Sakshi Kiran Taula.


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**Scammers sued**
**Amazon sues scammers for stealing millions of dollars via fake returns**

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# Information disease

## Psychologist explains tactics used to spread disinformation on social media

Information warfare abounds, and everyone online has been drafted whether they know it or not.

Disinformation is deliberately generated misleading content disseminated for selfish or malicious purposes. Unlike misinformation, which may be shared unwittingly or with good intentions, disinformation aims to foment distrust, destabilise institutions, discredit good intentions, defame opponents and delegitimize sources of knowledge such as science and journalism.

### Govts party to it

Disinformation is nothing new, and information warfare has been practiced by many countries, including the US. But the internet gives disinformation campaigns unprecedented reach. Foreign governments, internet trolls, domestic and international extremists, opportunistic profiteers and even paid disinformation agencies exploit the internet to spread questionable content. Periods of civil unrest, natural disasters, health crises and wars trigger anxiety and the hunt for information, which disinformation agents take advantage of. Certainly it's worth watching for the warning signs for misinformation and dangerous speech, but there are other tactics disinformation agents employ.

### It's just a joke

Hahaganda is a tactic in which disinformation agents use memes, political comedy from state-run outlets, or speeches to make light of serious matters, attack others, minimize violence or dehumanize, and deflect blame. This approach provides an easy defense: If challenged, the disinformation agents can say, "Can't you take a joke?" often followed by accusations of being too politically correct.

### Shhh ... tell everyone

Rumour-milling is a tactic in which the disinformation agents claim to have exclusive access to secrets they allege are being purposefully concealed. They indicate that you will "only hear this here" and will imply that others are unwilling to share the alleged truth – for example, "The media won't report this" or "The government doesn't want you to know" and "I shouldn't be telling you this … ."

But they do not insist that the information be kept secret, and will instead include encouragement. It's important to question how an author or speaker could have come by such "secret" information and what their motive is to prompt you to share it.

### People are saying

Often disinformation has no real evidence, so instead disinformation agents will find or make up people to support their assertions. This impersonation can take multiple forms. Disinformation agents will use anecdotes as evidence, especially sympathetic stories from vulnerable groups such as women or children.

Similarly, they may disseminate "concerned citizens'" perspectives. These layperson experts present their social identity as providing the authority to speak on a matter; "As a mother …," "As a veteran …," "As a police officer …."

If ordinary people don't suffice, fake experts may be used. Some are fabricated, and you can watch out for "inauthentic user" behavior, for example, by checking X – formerly Twitter – accounts using the Botometer. But fake experts can come in different varieties.

- A faux expert is someone used for their title but doesn't have actual relevant expertise.
- A pseudoexpert is someone who claims relevant expertise but has no actual training.
- A junk expert is a sellout. They may have had expertise once but now say whatever is profitable. You can often find these people have supported other dubious claims – for example, that smoking doesn't cause cancer – or work for institutes that regularly produce questionable "scholarship."
- An echo expert is when disinformation sources cite each other to provide credence for their claims. China and Russia routinely cite one another's newspapers.
- A stolen expert is someone who exists, but they weren't actually contacted and their research is misinterpreted. Likewise, disinformation agents also steal credibility from known news sources, such as by typosquatting, the practice of setting up a domain name that closely resembles a legitimate organization's.

**"Disinformation has no real evidence, so its agents will often find or make up people to support their assertions**

### It's all a conspiracy

Conspiratorial narratives involve some malevolent force – for example, "the deep state" – engaged in covert actions with the aim to cause harm to society. That certain conspiracies such as MK-Ultra and Watergate have been confirmed is often offered as evidence for the validity of new unfounded conspiracies.

Nonetheless, disinformation agents find that constructing a conspiracy is an effective means to remind people of past reasons to distrust governments, scientists or other trustworthy sources.

But extraordinary claims require extraordinary evidence. Remember, the conspiracies that were ultimately unveiled had evidence – often from sources like investigative journalists, scientists and government investigations. Be particularly wary of conspiracies that try to delegitimise knowledge-producing institutions like universities, research labs, government agencies and news outlets.

### Good vs. evil

Disinformation often serves the dual purpose of making the originator look good and their opponents look bad. Disinformation takes this further by painting issues as a battle between good and evil, using accusations of evilness to legitimise violence.

### Are you with us or against us?

A false dichotomy narrative sets up the reader to believe that they have one of two mutually exclusive options; a good or a bad one, a right or a wrong one, a red pill or a blue pill. You can accept their version of reality or be an idiot or "sheeple." There are always more options than those being presented, and issues are rarely so black and white. This is just one of the tactics in brigading, where disinformation agents seek to silence dissenting viewpoints by casting them as the wrong choice.

### Turning the tables

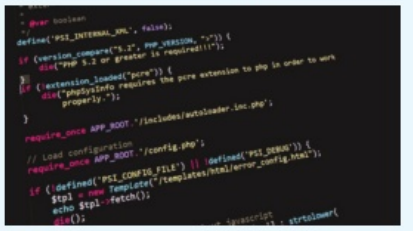
Whataboutism is a classic disinformation technique they use to deflect attention from their own wrongdoings by alleging the wrongdoings of others. These allegations about the actions of others may be true or false but are nonetheless irrelevant to the matter at hand. The potential past wrongs of one group does not mean you should ignore the current wrongs of another. In all of these cases, the disinformation agent is aware that they are deflecting, misleading, trolling or outright fabricating. If you don't believe them, they at least want to make you question what, if anything, you can believe.

You often look into the things you buy rather than taking the advertising at face value before you hand over your money. This should also go for what information you buy into.

**H Colleen Sinclair, Louisiana State University, The Conversation**

## BITS & BYTES

### AI ON INDIA



Sam Altman's OpenAI is reportedly working with ex-Twitter India head Rishi Jaitly to help the ChatGPT developer understand the Indian policies and regulations around AI and how to navigate those.

According to a report in TechCrunch, Jaitly is working as a senior advisor with OpenAI to facilitate talks with the government about AI policy.

"OpenAI is also looking to set up a local team in India," the report mentioned on Saturday.

OpenAI or Jaitly were yet to comment on the report. **IANS**

### YOUR LIFE'S STORY

Google is mulling to create a bird's-eye view of users' lives using their phone data, photos and searches and then applying AI technology, the media reported.

Titled "Project Ellmann," the idea is to use large language models (LLMs) like latest Gemini model to utilise search results, find patterns in a user's photos, create a chatbot and "answer previously impossible questions," reports CNBC.

"Project Ellman is just one of many ways Google is proposing to create or improve its products with AI technology," the report mentioned. Google Photos has more than 1 billion users and 4 trillion photos and videos. **IANS**

### ROBOTIC VENTRICLE

A team of US engineers, led by one of an Indian-origin, has developed a robotic replica of the heart's right ventricle, which mimics the beating and blood-pumping action of live hearts.

The realistic model developed by a team at Massachusetts Institute of Technology (MIT) can aid the development of better heart implants and shed light on understudied heart disorders.

The right ventricle is one of the heart's four chambers, along with the left ventricle and the left and right atria. Of the four chambers, the left ventricle is the heavy lifter, as its thick, cone-shaped musculature is built for pumping blood through the entire body. **IANS**

**HEALTH TIP:** Dedicate just half an hour each morning to physical activities; this will improve blood circulation

Rice water's soothing properties can provide relief to sunburned skin, reducing redness and inflammation

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## All you need to know about...

*Childbirth after-effect*

**Health problems**
More than a third of women worldwide are likely to experience a long-term health problem such as depression, low back pain, among others, caused by childbirth, according to a new study published on Friday in The Lancet Global Health.

**40 mn women affected each year**
The study shows a high burden of postnatal conditions that persist in the months or even years after giving birth, affecting about 40 million women each year.

**Major issues**
These include pain during sexual intercourse (dyspareunia), affecting more than a third (35 per cent) of postpartum women, low back pain (32 per cent), anal incontinence (19 per cent), urinary incontinence (8 per cent-31 per cent), anxiety (9 per cent-24 per cent), depression (11 per cent-17 per cent), perineal pain (11 per cent), fear of childbirth (tokophobia) (6 per cent-15 per cent), and secondary infertility (11 per cent).

**Unrecognised**
"Many postpartum conditions cause considerable suffering in women's daily life long after birth, both emotionally and physically, and yet they are largely underappreciated, underrecognised, and underreported," said Dr. Pascale Allotey, Director of Sexual and Reproductive Health and Research at WHO.

**Pay attention**
The team called for greater attention to the long-term health of women and girls -- after and also before pregnancy. The researchers call for greater recognition within the health care system of the common problems, many of which occur beyond the point where women typically have access to postnatal services. Effective care throughout pregnancy and childbirth is also a critical preventive factor, to detect risks.

—IANS

# It's a health wrap

**These recipes are proof that you can eat healthy when you have the munchies**

## CHEESEBURGER CABBAGE WRAP

Prep Time: 15 mins
Cooking Time: 25
Serves 4

A delicious Low Carb Burger wrap

**INGREDIENTS**
**For Wrap:**
- Cabbage Leaves: 4
- Minced Lamb: ½ kg
- Cinnamon and Clove powder: 10 g
- Pepper: 10 g
- Salt: To Taste
- Mixed Herbs: 1 tsp
- Green Chilli: 3 (deseeded)
- Cheddar Cheese: 4 Slices
- Onion: 1 (thinly sliced rings)
- Tomato: 1 (thinly sliced)
- Olive Oil: 2 tbsp

**For sauce:**
- Mayonnaise: 2 tbsp.
- Dijon mustard: 1 tsp.
- Vinegar: 1/2 tsp.
- Garlic powder: 1/2 tsp
- Salt: To Taste
- Pepper: ½ tsp

**For Sauce:**
- Mix all ingredients until smooth.

**METHOD**
**For Wrap:**
- Wash cabbage leaves under running water and blanch for 30 seconds. Keep aside to dry.
- Mix minced lamb, mixed herbs, finely diced green chillis, cinnamon and clove powder, pepper and salt and form 4 equally sized patties.
- In a frying pan, add olive oil and fry the patties until brown on both sides.
- Place cheese slices on the patties and wait until it melts.
- Place the patties on the cabbage leaf and drizzle sauce on it.
- Add tomato and onion slices on the patty.
- Wrap the cabbage leaf around the patty.

## VEGAN CRUNCH WRAP

A vegan approach to a healthy, protein packed wrap

**INGREDIENTS**
- Wheat Roti:4 pieces
- Green Lentils:1 cup (dried)
- Extra Virgin Olive Oil:2 tbsp
- Onion:1 (sliced) • Garlic:2 cloves (diced) • Lettuce:30 g (shredded)
- Tomato Paste:50 g
- Cumin & Coriander:20 g
- Salt: To Taste

**Guacamole:**
- Ripe Avocados:2 – 3 (peeled and pitted) • Onion:1 (diced)
- Tomato:1 (diced) • Garlic:2 cloves
- Green Chillies:1 – 2 (deseeded)
- Lemon Juice:2 tbsp
- Coriander Leaves:2 tbsp
- Cherry Tomato:6 – 8

**METHOD**
**For Guacamole:**
- In a bowl add peeled and pitted avocados and mash until smooth.
- Add diced onion, tomato, garlic, green chilis, coriander leaves, salt and lemon juice to the avocado and mix well.

**For lentil filling:**
- In a pan, add oil, garlic, and half a diced onion. Cook until soft.
- Add tomato paste and pepper and cook until paste has darkened.
- Add cumin and coriander and mix well. Season with salt.
- Add lentils and 2 cups of cold water. Stir well and allow it to cook.
- Occasionally mash lentils while being cooked.
- Add a few tablespoons of water to the mix if the pan gets dry.
- Simmer for 30 minutes and remove from flame. Allow to cool.
- In a wheat roti, add an even layer of guacamole leaving a generous gap around the edges so that the roti can be folded.
- Spread a scoop of spiced lentils on the avocado layer.
- Add remaining diced onions, sliced cherry tomato, and shredded lettuce to the wrap.
- Fold the edges of the roti and roll to make a wrap.

Prep Time: 10 mins
Cooking Time: 45
Serves 4

## LEMON CHICKEN WRAP

Prep Time: 40 mins
Cooking Time: 25
Serves 4

Tingling taste buds with every bite of citrusy goodness.

**INGREDIENTS**
- Virgin olive oil – 70 ml
- Freshly squeezed lemons – 3 nos
- Garlic clove - 2 minced
- Italian seasoning – 1 tsp.
- Kosher salt – to taste
- Black pepper – ½ tsp
- Skinless chicken breasts: 1 kg
- Greek Yogurt: ½ cup
- Paprika: ½ tsp.
- Hot sauce, to taste
- Pita Bread – 4 pieces
- Lettuce – 4 leaves
- Tomato: 1 sliced

**For Sauce:**
- In a bowl, add yogurt, paprika, hot sauce, lemon juice and salt.

**METHOD**
- In a bowl, whisk together 50 ml olive oil, 2 freshly squeezed lemons, minced garlic, Italian seasoning, salt, and pepper.
- Place the chicken breasts in a bowl and pour marinade over it. Allow it to marinate for 30 minutes.
- In a frying pan, heat 20 ml olive oil and add chicken breasts, cook until golden-brown.
- Remove from pan and keep aside until cools. Cut into slices.
- On a pita bread add sliced tomato, lettuce, chicken strips and drizzle sauce on it.
- Roll to make into a wrap.

By D Bhargavi, Chief Dietician, TriLife Hospital

# Chai-Time

## SOLVE IT IN A MINUTE

25-(1/2){5+4-(3+2-1+3}= ?

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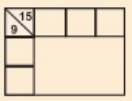
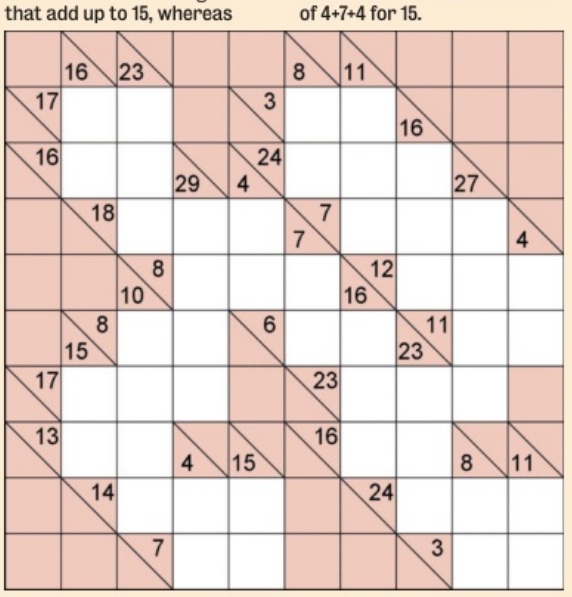
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

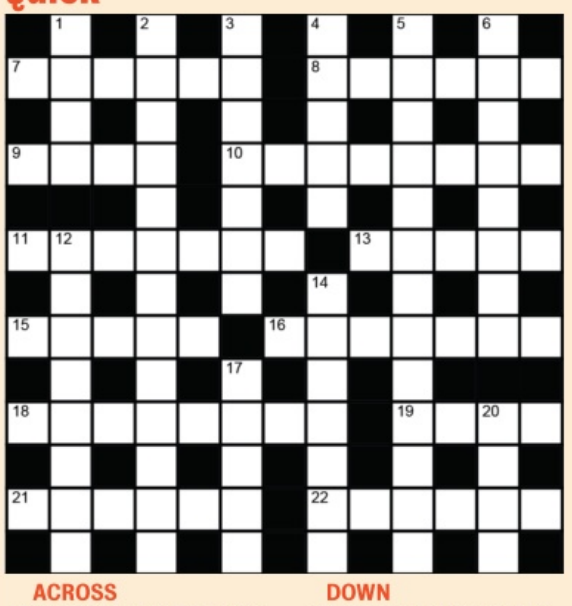


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Merchant of Venice lawyer (6)
8 Made amends (6)
9 Zeus' wife (4)
10 Domestic employee (8)
11 Disclaims or denies (7)
13 Once more (5)
15 Pace (5)
16 Slander; defamation (7)
18 Symbolic story (8)
19 Famous temple in Basavanagudi (4)
21 More ungainly to look at (6)
22 Washes out in water (6)

**DOWN**

1 Foretell; be an omen of (4)
2 Extremely high (informal) (13)
3 Expert – "had band" anagram? (3,4)
4 Capital city of Afghanistan (5)
5 Avaricious (5-8)
6 Dedication (8)
12 World-view (8)
14 Solicitors (7)
17 Grieve (5)
20 Legal right (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: P EQUALS T**

PJZ SKVV RWLLUP TAKLG BKPJ PJZ BWPZA PJWP KX IWXP.

## Linemaro

Are you a fruit, because honeydew, you know how fine you look now?

## Mindchow

If you are very discouraged, you should encourage others

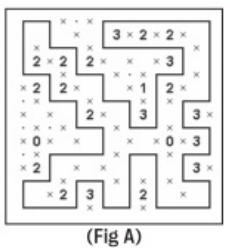
## Joke of the day

People are hiding money offshore and you've got to really know what you're doing with that. 'Cos I fell out of the boat 6 times

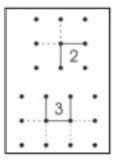
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

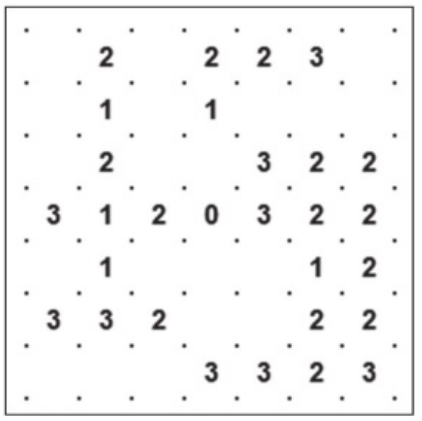


(Fig B) Not Allowed

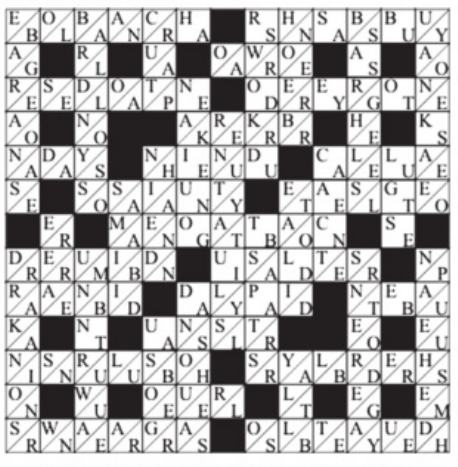
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | F |

**ACROSS**

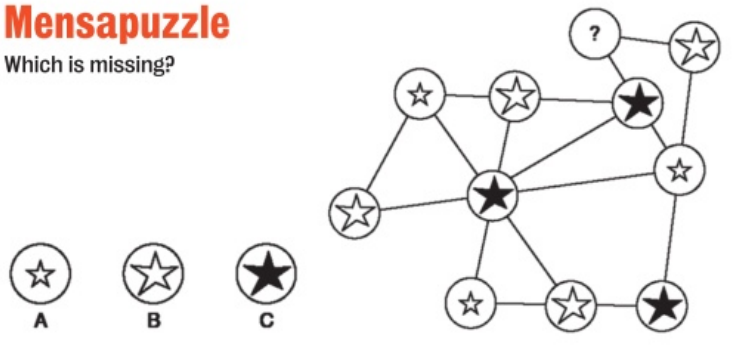
1 Scold; 6 Volta;
7 A Argo; 8 A flip;
9 Off SC

**DOWN**

1 Scalp; 2 Clog I;
3 OO Vol; 4 Farad;
5 F Fats

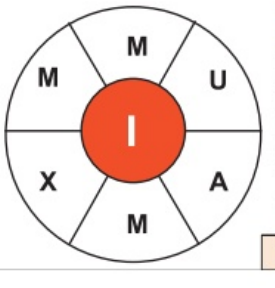
## Mensapuzzle

Which is missing?



A B C

## Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | 1 | 3 | | | 4 | | |
| | 5 | | | | 4 | | | |
| | 7 | 8 | | | 9 | | | |
| | 2 | 3 | | 9 | 7 | | | |
| 6 | 1 | | | | | | 8 | 7 |
| | | | 6 | 1 | | 2 | 9 | |
| | | | 9 | | | 8 | 6 | |
| | | | 2 | | | | 5 | |
| | | 4 | | | 3 | 7 | 1 | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 16
1 2 6 7

Medium = 27
1 3 3 5

Hard = 2
5 5 7 5

## HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

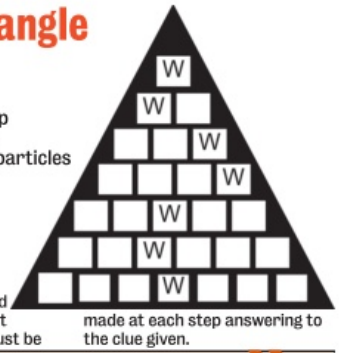
**Differences:** 1. Paper is longer. 2. Desk front is different. 3. Hand is moved. 4. Shirt stripes are different. 5. Nose is different. 6. Back of chair is different.

## Riddler

I'm the middle of the forest. I'm the bottom of the sea. To complete the longest passes The athlete runs to me. I'm the bluest of the blue And the bass notes of the choir. I describe how much the expert knows And how much one can admire. What am I?

## Alpha triangle

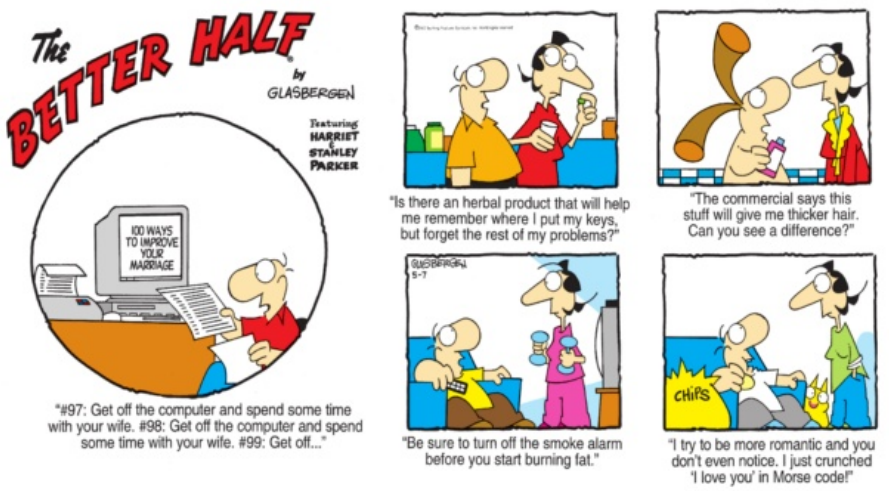
1 Watt, abbr.
2 Wife of, abbr.
3 Brouhaha
4 The front of a ship
5 Official authority
6 Mass of fine dry particles
7 Skulked

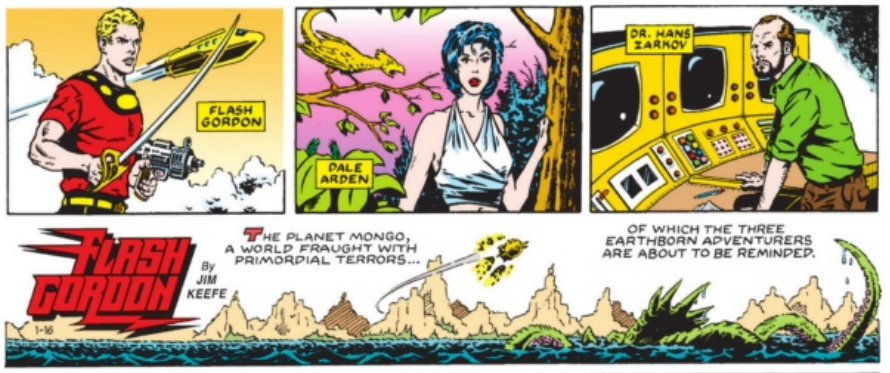


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

## COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
100 WAYS TO IMPROVE YOUR MARRIAGE
"#97: Get off the computer and spend some time with your wife. #98: Get off the computer and spend some time with your wife. #99: Get off..."
"Is there an herbal product that will help me remember where I put my keys, but forget the rest of my problems?"
"The commercial says this stuff will give me thicker hair. Can you see a difference?"
"Be sure to turn off the smoke alarm before you start burning fat."
CHIPS
"I try to be more romantic and you don't even notice. I just crunched 'I love you' in Morse code!"


FLASH GORDON
By JIM KEEFE
DALE ARDEN
DR. HANS ZARKOV
THE PLANET MONGO, A WORLD FRAUGHT WITH PRIMORDIAL TERRORS...
OF WHICH THE THREE EARTHBORN ADVENTURERS ARE ABOUT TO BE REMINDED.
DR. ZARKOV, SEND A MESSAGE TO KING BARIN THAT WE SHOULD BE ARRIVING IN ALANIA BY NIGHTFALL.
FLASH, I'M PICKING UP SOMETHING ON RADAR.
I SEE IT... IT'S A MONSTER FROM THE DEEP!
THERE'S NO TIME TO OUTMANEUVER!
HANG ON...
...IT'S COMING RIGHT FOR US!

## WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you are blessed by a positive moon, which may help you make the right decisions while making investments. Your past investments may also give you profit. You are likely to start working on a new project that will give you benefits in the long term. You may expand your network to improve your social status.

**Taurus** Apr 21 – May 20
Today you may have a dull feeling and some sort of negativity may be noticed around you. Dull feelings may make you brash. It is advised that you control your way of speaking as harsh speaking can create problems around you. You are likely to deny any suggestions given to you by your well-wishers. But somehow by late evening, things may be under control.

**Gemini** May 21 – Jun 21
Today you are blessed by the moon and you may be able to control spending over worthless items. You are likely to meet some adviser or to get some direction, which may help you invest your savings into better options, which may boost your financial health. You may find yourself more polite with others, which may increase your respect among people around you.

**Cancer** Jun 22 – July 23
Today is good for your work and you may perform well at work. Your seniors may give you some responsibility in terms of promotions. You may be in a winning position in some litigation. Your kid's health may be better now. You are likely to meet any investment consultant for your child's future. You may gain control over your hidden enemies.

**Leo** Jul 24 – Aug 23
You are blessed by the moon and with the help of elder's blessings; you may come out of last week's messy situation. With the help of your destiny, you may observe some progress in life. Your spiritual power may help you make the right decision. Your financial condition may be improved.

**Virgo** Aug 24 – Sep 23
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from taking difficult decisions. You will be in need of blessings from your elders, which will help you grow on your work front. You should avoid making investments in dead assets. Love birds are advised to avoid discussing bad moments.

**Libra** Sep 24 – Oct 22
You are blessed by the moon today and may expect to hear some good news in terms of profession. Domestic life may be in full swings of joy. You are advised to avoid getting into arguments on worthless topics in the family. You can take important decisions about investments in assets. Students may be focused on their studies.

**Scorpio** Oct 23 – Nov 22
Today you may be busy at work. Your focus towards your goal is now clear, which may help you complete your task before deadline and with perfection. You may also enjoy happy moments with the family. Singles are likely to find soul mates. You may plan to renovate your house or office, which may enhance your status.

**Sagittarius** Nov 23 – Dec 22
Today, you are blessed by the moon. Self respect may help you from negative people around you. You are likely to be more emotional in family-related issues. You may perform well at work and are likely to complete your tasks on time, which may boost your confidence. Your inner self may help you take difficult decisions in terms of business growth.

**Capricorn** Dec 23 – Jan 20
Today you are under the influence of a negative moon. You may feel negativity around you. Due to dull feelings, you may be arrogant, it is advised to control your way of speaking. Harsh speaking may create problems around you. You are advised to postpone investments related to fixed assets.

**Aquarius** Jan 21 – Feb 19
Today the positive moon may spread blessings. You may be confident. You may enjoy your work, which may speed up your current project. You may feel healthy. Your desire may come true. People around you will take help from you to solve their problems, which may increase your prestige in society.

**Pisces** Feb 20 – Mar 20
Today, your moon is negative. You may feel dull and may face some health issues, which may affect your daily routine. Some of your known persons may betray you so you are advised to keep your eyes open. You may be confused about making the right decision. It is advised that you not take any financial decision related to your business. Keep patience and avoid hurry.

## KIDZONE

Harshitha T,
14 Years,
Indiranagar
Cambridge
School

Vaishnavi P,
11 Years,
Holy Spirit
School

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Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**SOLVE IN 1M**
25-1/2(9-(7))=
25-1/2(2)=
25-1*2/2=
25-1=
24

**BULL'S EYE**
imam, maim, maxim, MAXIMUM

**STRIKE OUT**

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| S | C | O | F | F |
| P | I | L | A | F |
| A | G | O | R | A |
| L | O | V | A | T |
| C | L | O | U | E |

**QUOTE UNCODE**
The mill cannot grind with the water that is past.

**QUICK**

**MENSA PUZZLE**
B: so that each contains three circles contains one each of the three nested straight line of different types of star.

**RIDDLER**
Deep

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 1 | 3 | 6 | 5 | 4 | 7 | 8 |
| 3 | 5 | 6 | 7 | 8 | 4 | 9 | 2 | 1 |
| 4 | 7 | 8 | 1 | 2 | 9 | 6 | 3 | 5 |
| 8 | 2 | 3 | 5 | 9 | 7 | 1 | 4 | 6 |
| 6 | 1 | 9 | 4 | 3 | 2 | 5 | 8 | 7 |
| 7 | 4 | 5 | 6 | 1 | 8 | 2 | 9 | 3 |
| 5 | 3 | 2 | 9 | 7 | 1 | 8 | 6 | 4 |
| 1 | 8 | 7 | 2 | 4 | 6 | 3 | 5 | 9 |
| 9 | 6 | 4 | 8 | 5 | 3 | 7 | 1 | 2 |

**ALPHA TRIANGLE**
W, WO, ROW, PROW, POWER, POWDER, PROWLED.

**GO FIGURE**
Easy
6 + 7 + 1 + 2 = 16
Medium
5 + 3 + 1 x 3 = 27
Hard
7 x 5 / 5 - 5 = 2

**LOOP**

**KAKURO**

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